

EP&R Dispatch

2014 Late Summer/Fall Edition

What's happening at Eudora Parks and Recreation?

Saturday
evenings for
ages 9 - 14

club(785)



NEW! More 2014 dates now added

August 16 (Back to School Bash!); Sept. 13 & 27; Oct. 11 & 25 (Costume party)
Nov. 8 & 22; Dec. 6 & 20

7 pm – 10:00 p.m. ***only \$10*** OR 7 pm – 11:30 p.m. ***only \$20***

On Saturday nights, club(785) will be THE place to be for all 9 – 14 year-olds as we host free-play basketball, basketball tournaments, dance contests, pool tournaments, and dodge-ball games, also offering activities including ping-pong, limbo, and Wii games.

Face-painting, hair-chalk, raffles, and concessions will be available for an additional charge,

ALL while listening to the latest hits!

Come see what the EXCITEMENT is all about at the Eudora Community Center — (1630 Elm Street)

Call 785.764.1989 for additional information,
or visit us on Facebook at Club Seven8Five, or email us at kidsclub785@gmail.com



Youth Volleyball Leagues - Coming soon!

Volleyball Leagues for girls and boys in grades 3—6

Price: \$35 per participant

8-match guarantee

League consists of Eudora, De Soto, and Baldwin City teams

League Begins: Sept. 9th — Registration Deadline: August 10th

Sign up at ECC or online @www.eudoraparksandrec.org

Punt, Pass, and Kick - FREE SKILLS CONTEST

The NFL PUNT, PASS & KICK (PPK) program is a national skills competition for boys and girls between the ages of 6 and 15 to compete separately against their peers.

Established in 1961, the PPK program is the oldest NFL Youth Football program.

Girls and boys in five separate age divisions (6-7, 8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum.

The PPK program is free!



Date: Saturday, Sept. 13

Time: 2:30pm

Where: Laws Football Field
(15th and Elm)

Attention!!! * Youth Basketball will begin registration in October *****

BlastBall ! - *Your little ones will LOVE it !!!*



BlastBall!...is a fast-paced instructional game relating closely to baseball or softball providing entry-level skills to young boys and girls.

A great primer for future ballplayers!

Price per player: \$27 (includes shirt)

(register online or at EP&R)

All "game-days" on Monday evenings at TBD locations



One more session left! — Sept. 15—Oct. 6 (Deadline - 9/8)

Adult Volleyball Leagues - *Co-Rec and Women's Leagues*

Get your team together
and join our adult (16-up)
Co-Ed and Women's
volleyball leagues for some
fun and exercise!

All adult leagues play on
Sunday afternoons at the
Eudora Community Center.



Fall Women's League

Begins September 14

Deadline: September 7

Price:

\$110 per team



Adult Kickball Leagues - *Co-Rec Saturday Night Fun!*

Eudora Recreational Adult Kickball Leagues
(Ages 16 and older)

Co-Rec games played on SATURDAY evenings in Eudora
at Lucy Kaegi Park's Softball Field

Fees per team: \$260 (Eight games with TOURNAMENT)

FALL KICKBALL IS ON SATURDAY NIGHT THIS SEASON!

Summer/Fall League Begins: TBD-August

Deadline for Fall League: August 10

(ALL starting dates tentative)



Adult Softball Leagues - *Sunday Co-Rec League*

**TIME FOR ANOTHER EXCITING SEASON OF ADULT Co-REC SOFTBALL
WITH EUDORA PARKS AND RECREATION!**

PRICE PER TEAM: \$275

Teams are guaranteed a Eight-Game season with a minimum of four teams registering for
the league. All Games played at Lucy Kaegi Park's Babe Ruth Field.

Games begin September 7 - Deadline to register: August 31

GET YOUR TEAM READY NOW!



"Like" us on facebook @ Eudora KS Parks and Recreation Department



YOGA and PILATES

End Your Weekend and
Start Your Week
RELAXED and REJUVENATED

Sundays, 6:30 – 7:30 pm
Eudora Recreation Center
East 7th Street, Eudora, KS

\$5/class or \$40/10 classes

Join certified instructor Sacha Dick for this class as a great way to end your weekend and start your week! Exercise your mind and body. The class combines a series of Yoga postures focusing on flexibility, balance, and relaxation with Pilates mat work to target the core muscles of your stomach and back, lengthening the arms and legs, increasing flexibility, coordination and posture. Benefits include strong, flexible and healthy bodies, increased concentration, focus and attention, better self-esteem, confidence and stress relief!

**Begins Sunday,
September 5!**

This class is for all ages and levels!

sachafire@gmail.com

<http://www.sngfit.com/yogapilates.html>

For more info and class cancellations: [facebook.com/groups/sundayswithsacha](https://www.facebook.com/groups/sundayswithsacha)

CPR 4 YOU! - Basic Life Support and HeartSaver classes

"Basic Life Support (BLS)"

- for Healthcare Providers and
Medical Personnel

Upcoming Classes:

Sept. 14, 2014 (Sun.) 1:30-5:30

Price: \$55 (\$10 book if needed)

"Heartsaver" Class

- First Aid, CPR, AED for Adult,
Children and Infants

Upcoming Classes:

Sept 13, 2014 (Sat.) 10a-4p

Nov. 15, 2014 (Sat.) 10a-4p

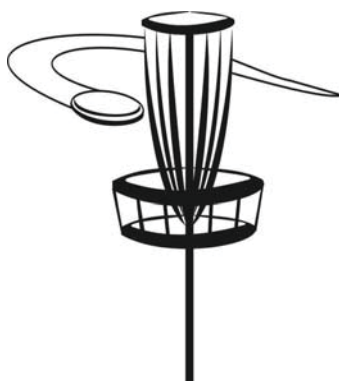
(with 1 hour lunch)

Price: \$50 (\$10 book if needed)



**ENROLL/PAY ONLINE AT:
CPR4YOU.LLC.INFO**

**FOR MORE INFORMATION ON THESE
CLASSES, PLEASE CONTACT MANDI AT:
CPR4YOU.LLC@GMAIL.COM**



Other recreational opportunities:

EUDORA DISC GOLF

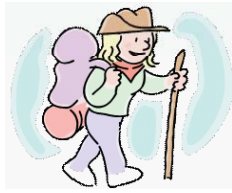
- EPRD has constructed a nine-hole disc golf course near the
West edge of town at Bluejacket Park (12th and Cedar).

**Stop by the Community Center for a map or 3-disc starter set
(\$1.00 rental fee)**

Step by Step - *NEW* walking program

Step by Step Across Kansas....

Hey Eudora, let's walk across Kansas!



Keep track of your miles at your own pace and record them at the Eudora Community Center, 1630 Elm

Grab a partner to help accumulate the miles!

First 50 registered will receive a free pedometer.

You will receive a t-shirt on your completion of the "trip". Program provided by Eudora Parks & Recreation Dept. and made possible with help from the Lawrence Memorial Hospital Endowment Association.

This is a FREE program!

Register now and let's get walking!!!

GeoCaching - GIS-based "treasure" hunts

"GEOCACHING" is a free real-world outdoor treasure hunt. Players try to locate hidden containers, called geocaches, using a smartphone or GPS and can then share their experiences online. Learn more at WWW.GEOCACHING.COM.

"Explore the world as you search for the cache."

Find the cache, sign the logbook and see what others have left behind."



Did you know that Eudora and the surrounding vicinity has hundreds, if not thousands, of these "geocaches?"



GEOCACHING.COM

For more information on GeoCaching in Eudora, please contact Jimmy Kegin at EP&R for locations and counsel about this wonderful hobby that the whole family can enjoy!

Stop by the Community Center and see Jimmy for your local cache coordinates listing!

Eudora Farmer's Market 2014 - *Let's Get Growing!*

Eudora Parks and Recreation is proud to present another season of the Farmer's Market

Location: Nottingham School Side-Parking Lot — When: Friday evenings through September 19

Vendor Fees: \$25 for the season/\$5 per individual event

Vendor Applications available at the Eudora Community Center — Must be received and approved to secure space

Please see or call Gary Scott @ 542-3434 for more information



Safe Sitter - *Brand NEW* Certified Babysitting Training

Safe Sitter prepares young adolescents for the profound responsibilities of nurturing and protecting children.

All sites registered to teach Safe Sitter® utilize only Safe Sitter®-trained Instructors, ensuring compliance with teaching methodologies and a quality educational experience for students. Prior to course completion, students must demonstrate acceptable skills in the care of a choking infant and child, and pass a written exam proving mastery of key concepts.

When: Oct. 4 & Oct. 18—Where: Community Center—Price: \$40—Register in person at Community Ctr.

Caution, class space is VERY limited, only 8 students allowed per session.

SAVE THE DATE!

*** Family Fun Night — Laws Field, Friday, August 8 from 7:30pm-9pm; Movie "Rio 2" begins at 9:15pm
FREE games and activities, food vendors, free hot dogs by Eudora Baptist Church, info booths and more!

*** Shadow Ridge Park Grand Opening Ceremony — Saturday, August 16 at 10:00am, 2635 Church St.
Fun and exciting activity for the entire family. Photo booth, sno-cones and more!

*** The Great Pumpkin Hunt — Thursday, October 30 at 7:00pm. Come dressed in your favorite costume and hunt for "pumpkins" (eggs) on the ball fields. Special prizes throughout the evening.

*** Also coming up: Keep an eye out for our next Downtown window painting and art walk!

THE 1ST ANNUAL EUDORA...



HOT TROT!



5K "Run/Walk/Crawl"

Sat., August 23 — High Noon, 12pm
Eudora Community Center, 1630 Elm St.

Get your running shoes on and come join Eudora Parks and Recreation and the Eudora Skate Plaza Committee on August 23 for their 1st Annual "Eudora Hot Trot!"

A portion of race fees will go towards the fundraising efforts of the Eudora Skate Plaza Committee and its plan for a safe area for local skaters to enjoy.

Entry Fees:

(Checks or cash **ONLY** — payable to "EP&R")

- Pre-register through 8/16/14 — **INCLUDES T-Shirt** — \$25
- Registration 8/17/14—8/23/14 — **NO guaranteed T-Shirt** — \$25
 - Shirts **WILL** be made available for ordering

Please return registration to Eudora Community Center, 1630 Elm St.

Race Day Schedule — August 23, 2014

11:00am—12:00pm - Registration
12:00pm—12:45pm - Eudora Hot Trot
12:45pm—1:15pm - Awards

Prizes for:

**Best Times for
Men/Women in
each age grouping**

Groups:

19-under
20-29
30-39
40-49
50-59
60+



If you, your business, or organization would like to sponsor or help at this event, please contact Jimmy or Gary at 542-3434

Arete' Fitness and Nutrition — Multi-dimensional and exciting fitness classes



Current Class Schedule:

Mon. - HydroFit - 12pm; Voltage - 6:15pm; Exhale - 7:15pm
Tues. - Zumba - 6:15pm; Knockout - 7:15pm
Wed. - HydroFit - 12pm; Voltage - 6:15pm; Exhale - 7:15pm
Thur. - Zumba - 6:15pm; Club Arete' - 7:15pm
Friday - HydroFit - 12pm

ALSO OFFERING:

**SMALL GROUP AND PERSONAL TRAINING
NUTRITIONAL EDUCATION, SUPPLEMENTS, AND MEAL PLANS
BOOTCAMPS AND FITNESS CHALLENGES**

For more information on these exciting exercise options, please contact Amanda at amanda@aretecommunityfitness.com

*** HydroFit and Aqua Aerobics ***

No matter your level of fitness, EPRD has a water aerobic program for you. Come visit us M, T, W, and F for a 12:00-12:50 class in the pool. Two classes to choose from: "HydroFit" (M/W/F) and "Aqua Aerobics" (Tues. only)

Competitively priced, come visit one of our instructors before or after class to learn more....



Eudora Wellness Center

"Where your wellness is our business..."

MONTHLY MEMBERSHIPS

| | Monthly | Six-Month | Annual |
|--------------------------|------------|-----------|----------|
| Adult Membership | \$20/month | \$120 | \$240 |
| Senior Membership (55+) | \$15/month | \$75 | \$150 |
| Family Membership | \$30/month | \$180 | \$360*** |
| Family Senior Membership | \$25/month | \$125 | \$250*** |

(*** Includes Season Pool Pass!)

Weekly Punch Pass Memberships

7 punches/\$15 — Adult

7 punches/\$10 — Senior/Student

Daily Charges — \$3.00, adult \$2.00, student \$1.50, senior

Eudora Wellness Center offers:

(5) Treadmills, (5) Elliptical Machines, (2) Recumbent Bikes, (1) Upright Bike, (6) Dual Universal Weight Machines that work every part of your body, a Power-Squat Rack, with plenty of dumbbells and benches for free weights.

Come check us out today! — NO contracts, no hidden fees....no nonsense!

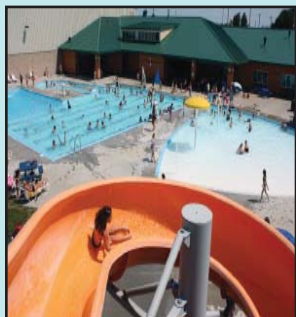
NOW AVAILABLE:

**Group Fitness Classes with
our Personal Trainer!**

**Available free to our members
ALL LEVELS WELCOME !!!**

Also, ask us about our "Corporate Rates"

EUDORA AQUATIC CENTER



HOURS OF OPERATION

OPEN SWIM TIMES

Open 7 days a week!
1:00 p.m. – 7:00 p.m.

Daily Admissions

Children/Adults 3 - UP \$3.00
2 & under - Free with adult admission
Seniors (55 - 69) \$1.50
Seniors (70-over) Free

Season Passes

Single Child - \$65
Single Adult - \$100
Family - \$125

Family Pass = (Household of 6 Immediate Family that reside together only)
\$25 additional family member

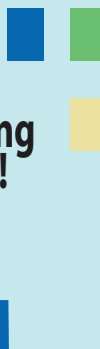
Baby Sitter's Pass Card - \$125
(4 children with 1 adult)

Registered Daycare Pass Card - \$150
(6 children with 1 adult)

Licensed Daycare Pass Card - \$200
(10 children with 1 adult)

Punch Passes
20 Trip Pass Card - \$45

It's
Getting
Hot!



Pool Party Rentals

Friday/Saturday/Sunday
Evenings only

7:00 p.m. – 11:00 p.m.

1 hour increments
\$100/hr. for residents
Full payment required
at time of reservation

Adult Lap Swim Times

Beginning on May 27

Monday - Friday
12pm - 1pm
Fee: \$1.00

Additional timeslots will be available
when Swim Lessons are complete.

Eudora Community Center

HOURS OF OPERATION

Summer Hours

(As of May 26, ends Sept. 1)

Mon-Fri.—7:00am-7:00pm

Sat.—9:00am-7:00pm

Sun.—1:00pm-7:00pm

Please call ahead for
open-gym times.

Come on out and play !!

Eudora Parks and Recreation

1630 Elm Street - P.O. Box 182

Eudora, Kansas 66025

(785)542-3434 or 542-1725

www.eudoraparksandrec.org